

business. A pastile for killing not only mosquitoes, but flies and any other insects that may be lurking about the room, is made by mixing one part benzoin, one part balsam of tolu, five parts of charcoal, one and a half parts of common insect powder and half a part of saltpeter. Add sufficient water to this mixture to knead into a stiff paste, then roll the mixture into suitable pastiles and dry them. One of these pastils will burn for some time in a room, giving a pleasant odor, and the fumes will kill all insects without injury to furniture or drapery. They can be made at home, or the druggist will prepare them.

**Query Box**

"Floral Sister."—See article in another column.

B. E. C.—Try pricking the bottom of the pie crust with a fork before baking, to prevent "blistering."

M. S.—Some brown breads are made of corn meal and rye flour in proportions you mention. Steam for two or three hours.

Housewife—For one pint of chicken meat to be used for salad, use a dressed chicken weighing three and one-half pounds.

E. S.—Mr. Rockefeller's address is 13 W. Fifty-fourth street, New York. It is doubtful if you ever hear from him.

"Querist."—According to some authorities, the name is accented on the first syllable, but others accent on the second syllable.

Emma S.—Ask for an oven thermometer, and also for a thermometer for testing the temperature of liquids. They are not expensive, and are almost a necessity.

M. V.—Phebe Carter was born in Ohio, near Cincinnati, September 4, 1824, and died at Newport, R. I., July 31, 1871, surviving her sister,

**DIFFERENT NOW**

**Athlete Finds Better Training Food**

It was formerly the belief that to become strong, athletes must eat plenty of meat.

This is all out of date now, and many trainers feed athletes on the well-known food, Grape-Nuts, made of wheat and barley, and cut the meat down to a small portion, once a day.

"Three years ago," writes a Michigan man, "having become interested in athletics, I found I would have to stop eating pastry and some other kinds of food.

"I got some Grape-Nuts and was soon eating the food at every meal, for I found that when I went on the track, I felt more lively and active.

"Later, I began also to drink Postum in place of coffee and the way I gained muscle and strength on this diet was certainly great. On the day of a field meet in June I weighed 124 pounds. On the opening of the football season, in September I weighed 140. I attributed my fine condition and good work to the discontinuation of improper food and coffee, and the using of Grape-Nuts and Postum, my principal diet during training season being Grape-Nuts.

"Before I used Grape-Nuts I never felt right in the morning—always kind of 'out of sorts' with my stomach. But now when I rise I feel good, and after a breakfast largely of Grape-Nuts with cream, and a cup of Postum, I feel like a new man." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Alice, but a few months. Both were beloved for their beautiful poems.

Beginner.—Two heaping teaspoonfuls of baking powder is allowed to one quart of flour, sifting them together; one cupful of either sweet or sour milk is allowed for wetting one quart of flour, but some flour requires a little more.

C. T.—For cleaning the brass tray, use a cut lemon; dissolve a little salt in the juice and dip the lemon in it and rub the brass until it brightens. Wash off with ammonia water and polish with a cloth dipped in whiting.

R. B.—Wet the varnish stains with alcohol and rub with a soft cloth. Repeat until all stain is removed, then wash in a hot solution of soda—teaspoonful of soda to half a pint of water, if the fabric will bear it. Try a piece of it first.

**Some Good Sauces**

Cream, or white sauce, termed in French recipes "roux," is the basis of nearly all other sauces. It is made by blending smoothly over the fire by stirring one tablespoonful of butter and one of flour, then pouring in slowly one teacupful of hot milk or cream, and bringing to the boiling point, but removing from the fire before it boils. Boiling ruins its smoothness and flavor.

Brown sauce is made in the same way, except that boiling water is used instead of milk, and a half teaspoonful of beef extract gives it flavor.

Drawn butter calls for two tablespoonfuls of butter, one tablespoonful of flour and half a cupful of boiling water, to which is added the juice of one lemon, and pepper and salt to taste, with chopped parsley if liked.

Hard Sauce—Use two parts of pulverized sugar to one part butter; cream the butter and sugar until very light, then flavor with nutmeg and lemon juice, or other desired flavoring.

Foamy Sauce—Use one cupful of sweet milk, two tablespoonfuls of butter, one egg, one tablespoonful of corn starch and half a cupful of sugar. Moisten the corn starch with a little milk, scald the rest of the milk and stir in the corn starch and add the butter; beat the sugar and stir it into the milk. Beat the white of the egg until very stiff, then fold carefully into the custard.

Sauce Bechamel—Put one tablespoonful of butter in a frying pan and when melted add one tablespoonful (even) of flour and stir until smooth; then add one gill of cream and one gill of stock, dropping slowly and stirring constantly until it comes to the boiling point; take from the fire and add the beaten yolk of two eggs, a half teaspoonful of salt, a dash of pepper, and serve. The sauce must not boil after the egg is added.

**From the Style Books**

Small girls continue to wear the one-piece dress, because they are comfortable, easy to make, easy to launder, and delightfully becoming.

Little sun hats of white pique, with lawn ties, seem never to go quite out of fashion for girls from babyhood until as old as thirteen years. They may have the edges ruffled, embroidered, scalloped, or plain. They launder satisfactorily.

Braiding is quite a feature of costume trimming, and bids fair to continue in style for the coming fall and winter. This method of trimming is showy, easily applied and durable.

All good embroideries are in style, and may be either Wallachiau, French and eyelet, solid, or shadowy, long and short stitch embroidery,

and in many of the new designs, colors are used.

The newest feature in fashions is the disappearing of Empire waist line. This is fully two and a half or three inches higher than the natural waist line, and about four inches higher than that of last season. This style is seen on all costumes, dressy affairs, or simple house frocks.

Waist lines high all around, or only at the back, sweeping skirts and soft, clinging effects, with the long shoulder and the moderate-sized sleeve are the chief details of the newest modes.

**White Silk Waists**

To keep a white silk waist sweet and free from the odor of perspiration, try this: During a warm summer rain, open the window and pin the waist in position on a chair, turning the lining side out, so the moist

air, but not the rain, may reach it. Let it hang several hours, until quite damp and thoroughly sweetened. It will have parted with all odor through this process. Woolen garments may be refreshed in the same way. To wash a slightly soiled white silk waist, this is recommended: Boil a small piece of castile soap (enough to make a nice suds) in a pint of soft water; add this to a gallon of hot water, and stir well; when cold, souse the waist in the suds lightly, not rubbing or wringing, but dipping, patting and turning about. Have another suds ready and run the garment through that in the same way, then rinse well in clear water to remove all trace of soap, put through slightly blue water; hang in the shade. When still damp, wrap in a towel and iron under a fine white cloth.

**Latest Fashions for Readers of The Commoner**



2443—Misses' Tucked Shirt-Waist. This model would look well developed in any material, and a pretty trimming is to have the cuffs and collar made of a contrasting shade of the material, or of polka-dotted ribbon. Three sizes—13 to 17 years.



1976—Misses' Nine-Gored Skirt, with Side Plaits at Centre of Front and Back and Two Box-Plaits at Each Side. This is a good style for the separate skirt of serge, or flannel. Three sizes—13 to 17 years.



2441—Girls' Jumper Dress, with Guimpe Having Long or Three-Quarter Length Sleeves. Any of the pretty summer materials, as well as the thin woolen materials such as shepherds plaid makes up well in this model. Four sizes—6 to 12 years.



2433—Ladies' Work Apron. Gingham checked or figured, chambray, linen, or brown holland are used for this model. Four sizes—32, 36, 40 and 44.



2440—Ladies' Shirt-Waist. A simple model much worn this season and adaptable to almost any material. Six sizes—32 to 42.

2168—Ladies' One-Piece Plaited Skirt. A good model for the new bordered materials, or for the skirts of dresses made up in thin lawn, silk or batiste. Five sizes—22 to 30.

2421—Girls' and Child's Underwaist and Drawers. Nainsook, Persian lawn, or thin cambric are generally used for these garments. Six sizes—2 to 12 years.

2426—Ladies' Jumper Dress, with an Attached Five-Gored Skirt. Foulard silk, figured or plain gingham, chambray or linen are all adaptable to this pretty costume, which is trimmed with bands in a contrasting color. Seven sizes—32 to 44.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.